

## Abstract of the Disclosure

A trocar system is provided which preferably includes a cannula having an elongate cannula body. The cannula body includes medial and distal portions thereof having a first diameter and a proximal portion thereof connected to the medial portion and having a second diameter. The second diameter is preferably larger or greater than the first diameter. A trocar having an elongate trocar body also extends through the cannula. The elongate trocar body has a sharpened distal end portion, a medial portion thereof having a first diameter, and a proximal portion having a second diameter. The second diameter is preferably larger or greater than the first diameter. The trocar also has a handle connected to a proximal end portion of the trocar body for gripping of and handling of the trocar by a hand of a user and a shield slidably mounted to the medial portion of the trocar body and biased in an extended position so that a distal end of the shield coveringly protects the sharpened distal end of the trocar body until pressure is applied thereagainst so that the shield slidably moves toward the proximal portion of the trocar body in a retracted position. The shield has a third diameter which is preferably at least equal to or less than the second diameter.